

COMMUNITY OUTREACH REPORT

February 2013



FIRST THINGS FIRST

Ready for School. Set for Life.

Navajo Nation Regional Partnership Council

January Outreach Activities

1:1—Cherilyn Yazzie, Nutrition Education & Obesity Prevention Program

- January 3, Navajo County Public Health District Pinon Health Care Center—Public Health Staff

- January 9, Pinon Chapter House

1:1—Dominic LaFontaine, Chinle Judicial District Probation & Parole Services

- January 9, Pinon Chapter House

Chinle High School Media Production Class

- January 15, Chinle High School

Navajo-Apache-Gila Oral Health Coalition Meeting

- January 18, Navajo County Public Health District Navajo Nation Regional Grantee Meeting

- January 24, Tuba City High School

1:1—Dr. Miran Song & Vikki Shirley, Reach Out and Read

- January 24, Tuba City High School

1:1—Trudy Billy, Healthy Beginnings Program

- January 24, St. Jude's Food Bank

1:1—Sherri Bradley, Kayenta ABC Preschool

- January 24, Kayenta Unified School District Northern AZ Regional Center Common Core 101

- January 30, Tsehootsooi Middle School

Nihiyazhi Ba'it'ih Home Visiting Family Training

- January 31, Chinle Chapter House

BENCHMARKS REACHED

4 Presentations

5 One on Ones

1 Networking Meeting

1 Story—"Healthy Teeth, Happy Smiles"

21 Facebook & Twitter Posts

1 Champion Activity—NEOPP distributing Born Learning items



What can you do this month?

*In honor of Dental Awareness
Month (February):*

- *Share this month's story*
- *Encourage good oral health*
- *Share the 1-2-3 Rule:*
 - 1. Floss once a day*
 - 2. Brush two times daily*
 - 3. Eat 3 healthy meals*



How many toddlers do you know get excited to brush their teeth? 11 month old Maylee is one of them. It might have to do with the method her parents use. She is all smiles when she lays back onto her mother's lap. Next, her dad brings out the toothbrush and an even bigger smile spreads across her face.

Not all encounters with the dentist have to be bad. In fact, the staff at Chinle Dental Clinic say one of the best times to show up is when your teeth aren't hurting. Most kids will come in with a toothache and have a tooth pulled on their first visit. That initial unpleasant experience can have a lasting effect; and, children will associate pain with going to the dentist.

The Arizona Department of Health Services estimates that 1 in 3 children ages 4 and younger have experienced tooth decay. By the time they reach kindergarten, half of all children have experienced tooth decay.

The solution: "First visit by first birthday." Dr. Mike Maccaro, children's dentist at Chinle Dental, suggests your child see the dentist when the first tooth comes in, usually between 6 and 12 months. Even before the first tooth appears, Maccaro suggests cleaning your child's gums with a soft infant toothbrush or cloth and water, after bottle or breastfeeding. As teeth appear, start brushing twice daily, usually after meals, with fluoride toothpaste and a soft, age-appropriate toothbrush.

Dr. Maccaro says the best way to prevent tooth decay is to limit sugar. He says children should not fall asleep with the bottle in their mouths. The sugar from the milk will coat their teeth and stay on for the remainder of the night. "The last thing that should touch their teeth at night should be a toothbrush and toothpaste." Another way to limit sugar is to replace juice in a sippy cup with water or a sugar free drink if your child wants flavor.

Chinle Dental staff are working to combat the myth that decayed baby teeth aren't important, by teaching parents that early examination and preventative care will protect their child's teeth now and in the future. Tooth decay from the early years can have lasting effects and dental disease is one of the leading causes of school absence. Cyrus Donald, Family Training Coordinator for Nihiyazhi Ba'it'ih Home Visiting, said, "I saw a kid (in our program) who was having trouble paying attention and we found out he had a cavity." Preventing cavities by becoming a well informed parent can help ensure a child will have a successful future in grade school and beyond.

The Nihiyazhi Ba'it'ih Home Visiting Program, funded by First Things First Navajo Nation Regional Partnership Council, brought in Dr. Maccaro to speak at their Family Training in Chinle. Every month, home visitors from various Navajo Nation communities in Arizona, provide family support services that focus on child health and development, positive parenting and early education. Home visits and family trainings are designed to give parents the tools they need to help their children get ready for kindergarten. The job of helping children succeed in school starts the day they're born.

To learn more about First Things First, please visit www.azftf.gov. To learn more about Nihiyazhi Ba'it'ih Home Visiting, please call NAU Institute for Human Development at 928.523.8905 or visit <http://nau.edu/SBS/IHD/Programs/Nihiyazhi-Ba'it'ih/>



Dr. Maccaro demonstrates how to brush Maylee's teeth